97-84025-10

Women's National Health Association of Ireland

Report of the work of the Women's National Health...

[Dublin]

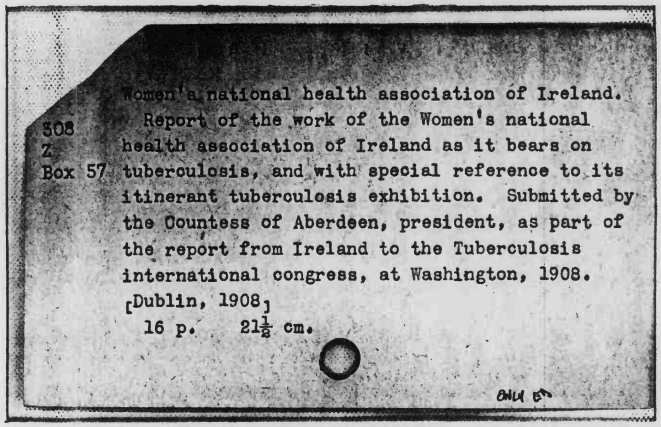
[1908]

97-84025-10
MASTER NEGATIVE #

COLUMBIA UNIVERSITY LIBRARIES
PRESERVATION DIVISION

BIBLIOGRAPHIC MICROFORM TARGET

ORIGINAL MATERIAL AS FILMED - EXISTING BIBLIOGRAPHIC RECORD


308
Z
Box 57
Women's national health association of Ireland.
Report of the work of the Women's national health association of Ireland as it bears on tuberculosis, and with special reference to its itinerant tuberculosis exhibition. Submitted by the Countess of Aberdeen, president, as part of the report from Ireland to the Tuberculosis international congress, at Washington, 1908.
[Dublin, 1908]
16 p. 21½ cm.

RESTRICTIONS ON USE: *Reproductions may not be made without permission from Columbia University Libraries.*

TECHNICAL MICROFORM DATA

FILM SIZE: 35mm REDUCTION RATIO: 10:1 IMAGE PLACEMENT: IA (IIA) IB IIB

DATE FILMED: 2-13-97 INITIALS: MS

TRACKING # : MSH 21350

FILMED BY PRESERVATION RESOURCES, BETHLEHEM, PA.

BIBLIOGRAPHIC IRREGULARITIES

MAIN ENTRY: Women's National Health Association of Ireland

Report of the work of the Women's National Health Association of Ireland as it bears on tuberculosis

Bibliographic Irregularities in the Original Document:

List all volumes and pages affected; include name of institution if filming borrowed text.

_____ Page(s) missing/not available: _____

_____ Volume(s) missing/not available: _____

__X__ Illegible and/or damaged page(s): page 10 and 11 faded text

_____

_____ Page(s) or volume(s) misnumbered: _____

_____ Bound out of sequence: _____

_____ Page(s) or volume(s) filmed from copy borrowed from: _____

_____

_____ Other: _____

_____

_____ Inserted material: _____

TRACKING#: MSH21350

Report of the Work

OF THE

Women's National Health Association of Ireland

308
Z
B0457

AS IT BEARS ON TUBERCULOSIS,

AND WITH SPECIAL REFERENCE TO ITS

ITINERANT TUBERCULOSIS EXHIBITION.

Submitted by THE COUNTESS OF ABERDEEN, President, as part of the Report from Ireland to the Tuberculosis International Congress, at Washington, 1908.

REPORT

OF THE WORK OF THE

Women's National Health Association of Ireland

AS IT BEARS ON TUBERCULOSIS

AND WITH

Special Reference to its Itinerant Tuberculosis Exhibition

Submitted by THE COUNTESS OF ABERDEEN, President,
as part of the Report from Ireland to the
Tuberculosis International Congress,
at Washington, 1908.

In the Spring of 1907, in response to the ever-growing and constantly expressed fears as to the deterioration of the health of the rising generation of young Irishmen and young Irishwomen, the Women's National Health Association of Ireland was formed, in the belief that in matters concerning public health and the health of the homes the active sympathy and co-operation of the women of the country must be enlisted if any permanent good is to be effected.

The Association was inaugurated at a public meeting presided over by the Lord Lieutenant, and supported by men and women of all creeds and sections in the community.

It took as its objects: —

1. To arouse public opinion, and especially that of the women of Ireland, to a sense of responsibility regarding the public health.
2. To spread the knowledge of what may be done in every home, and by every householder, to guard against disease, and to eradicate it when it appears.
3. To promote the upbringing of a healthy and vigorous race.

The young Society was at once confronted with the immediate duty of taking a part in fighting the deadly disease of Tuberculosis, which is working such havoc in Ireland.

For years the doctors and the branches of the National Association for the Prevention of Consumption have been warning the people. The Reports of the Medical Officers of Health, the Blue Books of the Irish Local Government Board, and the returns of the Registrar-General all told the same sad story, as illustrated by the charts which accompany this report.

The serious position which Ireland occupies in relation to this disease may be grasped if we consider that if our Tubercular death-rate were now reduced to that of England, 4,000 lives would be saved to Ireland every year.

Surely a state of affairs to alarm any country, but especially one already suffering, during the same period, from a yearly drain of some 35,000 to 40,000 of her best and her brightest emigrating to distant lands (a drain, however, which we may be thankful to think shows a distinct tendency to diminish, if we compare the last two decades).

Together with the facts respecting the present danger we were also given the assurance that this dread disease was by no means unconquerable, but that given the proper weapons for fighting it, it could be stamped out of existence within half a century, if a common and determined effort to prevent it and extirpate it was made.

But could *we* materially help? This was the question for the women. Was not this a question for the Government and the local authorities? Until sanatoria are built to meet our needs, and until unhealthy houses have been rooted off the land, is there anything very much to be done?

Amongst the many papers and reports we gathered from kindred societies, and through the kindness of individual friends of many of the National Councils of Women in different parts of the world, came some from the wonderful Phipps Institute at Washington, and others from Boston, Germany and Scandinavia, describing the success of an itinerant Tuberculosis Exhibition in educating and ripening public opinion.

The idea appealed to us at once—the authorities of the Irish International Exhibition were willing to give us co-operation and free space for a beginning, and a kind Irish-American friend, Mr. Collier, gave us £100 for Tuberculosis work, so we decided to go forward, and at the end of July last year we asked a committee of experts to help us in organising a Tuberculosis Exhibition to be opened in October.

The Registrar-General undertook the preparation of charts and diagrams and statistics; Professor McWeeney the Pathological Section of exhibits, showing the disease in various stages, and healthy organs side by side.

Professor Mettam, Principal of the Royal Veterinary College, brought together a good collection of veterinary exhibits; Dr. Alfred Boyd, Honorary Secretary for the Dublin Association for the Prevention of Consumption, collected literature and photographs showing what was being done in the Anti-Consumption Campaign in various countries and towns; Sir William J. Thompson, appliances of various kinds used in the treatment of the disease, together with shelters, chalets, and models of the same. Dr. Ella Webb and Dr. Lily Baker took charge of food exhibits, exhibits in connection with the pasteurising and sterilising of milk, and two contrast bedrooms, one illustrating unhealthy surroundings, and the other a modern hygienic bedroom.

Dr. Michael Cox and Sir William J. Thompson undertook, in conjunction with myself, to arrange the lectures and literature for distribution.

Mr. Stafford, C.B., the Medical Commissioner of the Local Government Board, and Surgeon-Colonel Edgar Flinn, one of the Medical Inspectors, also joined the Committee, and rendered the most valuable help throughout, both in Dublin and in organising the tour in the provinces, while Dr. Frank Dunne gave the value of his experience in combating Tuberculosis under difficult circumstances in the South Dublin Union Infirmary, where very good results have been obtained at very small expense through the erection of inexpensive annexes and the use of Deny's Tuberculine.

Lady Matheson, Mrs. Nugent Everard, and Mrs. Rushton, of the Women's National Health Association, acted as Honorary Secretaries, along with Dr. Boyd, and completed the Committee.

In addition to this Working Committee, a Consultative Committee was formed, to which all the Urban and Rural District Councils in Ireland were invited to appoint representatives, as also the Medical Associations and Corporations, and the Branches of the National Association for the Prevention of Consumption.

This Consultative Committee met at the outset of the enterprise, and again at the beginning of the Exhibition, when the members were given the opportunity of privately examining the Exhibition and then discussing how it could be made of most value to the country.

On the motion of Dr. Healy, Archbishop of Tuam, seconded by Lord Monteagle, this Consultative Committee recommended all the Local Authorities in Ireland to take up the Exhibition and make it effective in their various districts.

The presence of these delegates also gave the opening of the Exhibition at Dublin a peculiar importance, for thus from the outset were combined:

(*a*) The official representatives of the Government in the Lord-Lieutenant, who opened the Exhibition, and the Chief Secretary, who spoke at the opening.

(*b*) The Presidents and other representatives of the College of Physicians, the College of Surgeons, the Irish Medical Association, and other Medical Bodies, the delegates from a large number of the local Sanitary Authorities in Ireland, and the public.

The clergy also of all denominations were well represented, and thus the movement was inaugurated under auspices calculated to command success.

The attention of these representative and influential people was happily focussed on the points which most needed attention by an inaugural lecture full of the pith of the latest information on the treatment of Tuberculosis delivered by Professor W. Osler. That lecture has been reprinted as a pamphlet and largely circulated in Ireland, and heads the series of lectures contained in three volumes, "Ireland's Crusade Against Tuberculosis," published by the Women's National Health Association of Ireland, the Department of Agriculture and Technical Instruction kindly providing the funds for its publication.

Professor Osler and our Committee found themselves very much in accord as to the policy to be adopted, and we have, indeed, been fortunate in the lecturers who have generously given us their services free of charge, and who, since October 12th, 1907, till the end of July, 1908, have been kept busily at work, day in and day out, preaching their gospel of hope. Our indebtedness to them is indeed great, for, busy and distinguished men as they are, they gave themselves and their services free of all charge, save the travelling and hotel expenses paid by the Local Committees.

Professor Osler predicted that the success of the Exhibition would far exceed our hopes, and he has been a true prophet.

The number of set lectures given in connection with the Exhibition comes to over three hundred, mostly illustrated with lantern slides, and certainly fully three times that number of lectures to children, and homely talks, demonstrations, etc.

During the four weeks that it was in Dublin, the Lecture Room was crowded every day, although those who attended had necessarily to pay one shilling entrance to the International Exhibition; and the visitors wishing to be shown round the exhibits indicated by their intelligent questions the interest pervading the public mind on the subject.

The facts disclosed by the lectures in Dublin pointed clearly to the advisability of approaching the Irish Government with a request that legislation might be in-

troduced which would make the task of our workers easier, and a deputation was organised by the Women's National Health Association, which represented all the Medical Associations, Corporations, and Colleges in Ireland, in addition to the voluntary societies working in one way or another against Tuberculosis. I need not trouble you with the details of this deputation, as a report of its proceedings will be found in the first volume of the series I have already alluded to, but the four points urged upon the Lord Lieutenant and the Chief Secretary and the Vice-President of the Board of Agriculture were: —

1. That special legislation should be introduced without delay, with the object of making it compulsory that all cases of Pulmonary Tuberculosis should be notified, taking care at the same time to protect consumptive patients from any undue interference with their liberty.
2. That the adoption of more stringent and uniform measures for the regulation of milk and food supplies is urgently required.
3. That County Councils in Ireland should be enabled to erect and maintain such hospitals, sanatoria, and dispensaries for the treatment of consumption as they think fit.
4. That there is urgent necessity for a system of medical inspection of schools and school children.

Very sympathetic answers were received by the deputation, and the Chief Secretary now shows that he has not forgotten his promise by the introduction of the Bill which is now before Parliament, although it does not concede all we want.

Although the medical inspection of schools and school children, which we so much desired, is not included, yet we feel that we shall have taken a long step forward if we obtain the measure providing for compulsory notification, and making County Councils the responsible authority for providing sanitoria, dispensaries, nurses, etc., etc., for Tuberculosis patients. The present position of affairs whereby the co-operation of so many local authorities has to be obtained before any sanatorium can be erected has been the cause of much of the delay, which we lament.

And now about the travels of the Exhibition over Ireland.

The subject is a tempting one, for this attractive show has opened up so many vistas of work in the different localities which it has visited that it is tempting to wander down many side paths in order to give an indirect as well as the direct effects of the Exhibition.

Before it started on its travels, it became manifest that one exhibition would never be able to satisfy the demands made upon it. It had, therefore, to be duplicated, and a Northern and Southern Circuit arranged, each put in charge of capable custodians.

At Belfast the Exhibition was splendidly organised by Sir John Byers and a representative committee acting under the Lady Mayoress, the Countess of Shaftesbury, and here the visit was of a fortnight's duration; as also at Cork, where, with the Countess of Bandon as President, the Lord Mayor and a large committee, with four local doctors as hon. secretaries, all went excellently.

In other places it stayed a week, but the more general arrangement was for it to remain for three days, and, as a rule, this was found sufficient for a provincial town, if it is well worked up beforehand.

These local exhibitions are generally originated by some moving spirit in the locality—often the Bishop or Parish Priest, or the Mayor or Town Clerk, or the Chairman of the Urban Council. This person gets together a few people to talk over the desirability of the Exhibition, and sets himself in communication with the Central Committee in Dublin. The Central Committee have to be assured that the local committees will be composed of representative persons, including all creeds and sections of the community; also that the local medical men and the clergy will take part in the movement, and that funds will be forthcoming for local expenses; also that there will be a proper hall, and that the local committee will undertake the distribution of literature before the arrival of the Exhibition and during its stay, and will provide guides for taking visitors round. These matters settled, then comes the question of lecturers. These are sometimes arranged for by the local committees, but more often the Central Committee is asked to provide popular lecturers. The local committee pay the travelling and out-of-pocket expenses and hotel accommodation.

The railway companies have allowed our lecturers and the exhibits to travel at half fare, a concession which has made a great deal of difference to local committees.

In addition to the medical men lecturing in the evening, demonstrations are given by the local medical men in the Exhibition, and we generally provide one of our lady lecturers not only to help in the Exhibition itself, but also to lecture to mothers, factory girls, and to children, who are always very keen to have a meeting of their own. This lady also generally visits the schools in the district—National, Secondary, and Convent Schools—and this part of the work has proved most successful, and is very much welcomed both by the nuns, the teachers, and the children, whose essays on the lectures are very interesting. The different places naturally vary much as regards the amount of organisation made beforehand. Some have taken an immense amount of trouble and have divided the surrounding neighbourhood into districts, with special visitors appointed to take literature round from house to house, and, in addition, have arranged preliminary lectures explaining the why and wherefore of the Exhibition, and what good was likely to come from it. In such districts there are, of course, large excursions of country people brought in, sometimes by their own doctor, priest or minister, and a separate talk is given to them.

The programme of the actual Exhibition generally provides for a formal opening by some person of influence in the district. These formal openings are very valuable, from the fact that they gather together people belonging to every form of political and religious faith, and people in all conditions of life, in a way which has been rarely known in Ireland. The Viceroy and myself have attended many of these openings, and can testify to their influence.

The Exhibition has visited the following sixty-seven districts in Ireland:—

Dublin.
Limerick.
Carlow.
Athy.
Cork.
Bantry.
Skibbereen.
Dunmanway.
Clonakilty.
Kinsale.
Fermoy.
Wexford.
New Ross.
Enniscorthy.
Kilkenny.
Thurles.
Naas.
Arklow.

Waterford.
Killarney.
Listowel.
Kenmare.
Dungarvan.
Clonmel.
Tipperary.
Birr.
Carrick-on-Suir.
Tullamore.
Mountmellick.
Wicklow.
Gorey.
Portarlington.
Mallow.
Nenagh.
Roscrea.
Cashel.
Tralee.
Maryborough.
Belfast.
Lisburn.
Portadown.
Lurgan.
Armagh.
Newry.
Banbridge.
Newtownards.
Ballymena.
Ballymoney.
Londonderry.
Strabane.
Sion Mills.
Omagh.
Enniskillen.
Cookstown.
Dundalk.
Drogheda.
Navan.
Kells.
Trim.
Monaghan.
Clones.
Longford.
Mullingar.
Castlepollard.
Sligo.
Galway.
Ennis.

It is computed that more than five hundred and forty thousand persons have visited it—that is more than an eighth of the population of Ireland, and this number would be largely increased if we could add to it the hundreds who were unable to gain admittance to the lectures at most of the places visited.

Everywhere the same spirit of unanimity has prevailed, and an intense earnest determination has been manifested to know the truth, to understand what to do, and to carry out the instructions given. And the same eagerness has been found amongst the Irish-speaking people of the West when lectured to in Irish by Dr. Seamus O'Beirne, the funds being collected by the Gaelic League.

It is remarkable in any country to find the medical profession and the public, the Bishops and clergy of all denominations, the landlords and the tenants, the County Councils and the District Councils, the townspeople and the peasants, all at one, and fired with a common enthusiasm to stamp out the common plague.

It may be thought to be but a bit of Celtic enthusiasm which will soon die down, but this conception scarcely

does justice to the movement. It is, indeed, the Celtic imagination which has made this possible, for the people of Ireland have realised the truth of the present danger, and have also been able to grasp the ideal set before them as to the possibility and practicability of extirpating the enemy within a given time if all will take a hand.

And one method which has been adopted to render the impression made by the Exhibition permament is to form in every district a branch of the Women's National Health Association. In this way we have now seventy branches of this Association scattered over the whole country.

It is a Women's Association, because it is admitted that the remedies and reforms we desire are mostly in the hands of the women in charge of the homes. But to this Women's Association men also are welcomed, and we tell them the women can only carry out this work if they are supported by their fathers and husbands and brothers. So they join our Councils, and although the Working Committees are composed of women, yet these can in nearly all cases depend on the close co-operation of their local medical men and clergy, and the members of their Urban Councils. The co-operation of the Urban and Rural District Councils, the Boards of Guardians, and, in many cases, the Local Councils, is a very cheering symptom in itself.

And now, as to the results.

It must be realised that these are early days to speak of results definitely when the movement only started nine months ago, but a few facts may be quoted which have been reported by the Secretaries of the Local Exhibition Committees and of the Local Women's National Health Association.

On one point they all agree, and that is, that there is a marvellous difference about the *number of windows which are now open*, and especially so at night. In some cases half the windows are taken out to prevent the recalcitrant members of the family shutting them. In others applications are made to landlords for facilities to open windows which were un-openable. In others, that windows which have been left nailed up are released from their impediments.

The children come back from their lectures and demand stirabout and milk, instead of the white bread and tea to which they have become all too accustomed, and against which our lecturers always invade.

In some places special efforts have been made to secure a purer supply of milk in different ways, whether by closer inspection or by supplying the Tuberculine test to the herds. In one place all the neighbouring farmers and dairymen decided to adopt this plan voluntarily.

The subject of milk has been brought much before the people by the recent Dairies and Cowsheds Order of the Local Government Board, inculcating strict supervision, and in many cases the District Councils have appointed Veterinary Surgeons to see the regulations carried out.

In Dublin, a Pasteurised Milk Depot, the plant of which was given us by Mr. Nathan Straus, has been started with the same object in view, as well as to combat the ravages of infant mortality.

In Belfast the Infantile Mortality Sub-Committee acts in conjunction with the Medical Officer of Health, who supplies them with the names and addresses of births notified among the very poor. (Belfast is the only municipality in Ireland which has adopted the Notification of Births Act.) The Infantile Mortality Sub-Committee have opened two Babies' Clubs in two of the most congested working-class districts in Belfast, where infants are weighed weekly, and where hints are given to the mothers as to the upbringing (feeding, clothing, etc.) of their children, breast-feeding being *specially* advised. Expectant mothers are encouraged to attend. The members of the Sub-Committee also visit mothers with infants at their homes. In case of mothers needing milk for their babies, arrangements have been made by which they can be supplied with pure non-tubercular milk in sealed bottles, free from contamination, supplied from a dairy worked on modern methods and in which the tuberculin test is used. The mothers are encouraged to pay for this milk, but, in the case of the really destitute, it is supplied free.

Some places are now considering the erection of inexpensive annexes to workhouses, infirmaries or hospitals, for the accommodation of advanced cases of Tuberculosis, in order that these may be properly cared for, and at the same time prevented from being a source of infection at home.

Three of our Women's Health Associations are combining to provide temporary shelters which can be lent out to patients trying to carry out home treatment pending sanatoria.

And at the same time there is a considerable movement going on for the provision of nurses who will pay special attention to consumptive patients at home. This was started in Dublin, where there was first an idea of starting a dispensary system on the same lines as that carried on by the Royal Victoria Hospital in Edinburgh. It was decided, however, that the circumstances in Dublin were different, and a committee was appointed, composed of one doctor from each of the ten clinical hospitals, and under this committee two special Tuberculosis Jubilee District Nurses, supplied by the Women's National Health Association, have been working from February, 1908, with really wonderful results, considering the shortness of the time.

The welcome accorded the nurses, the desire to learn and put in practice the instructions given, the efforts after cleanliness, are all very gratifying and encouraging.

A brief report of six months' work is given in an accompanying leaflet.

As another charming evidence of the impression made by the Exhibition, one place may be quoted where a number of people in the poor streets decided to indicate their welcome of my visit by voluntarily whitewashing their houses inside and outside.

Another indication may perhaps be gathered by the story of a small boy who was called to order for knocking down another boy, but who indignantly asserted the righteousness of his case by saying: "Please, sir, he was spitting."

Professor Mettam, Principal of the Royal Veterinary College of Ireland, has kindly written a short report of what he notes as the results of the Exhibition in his department, which we print as an appendix.

One of my correspondents writes, and that from a town supposed to be especially apathetic: "Everywhere the talk is of Tuberculosis, fresh air, open windows, and the virtues of the same are being discussed with vehemence in the clubs and public-houses."

Another writes: "As to the results of the visit of the Exhibition, undoubtedly it has set all classes talking about Tuberculosis, and is spreading the knowledge far and wide of what the disease really is, that it is not hereditary, that it can be prevented, and how simple the means of prevention are. Everyone is amazed at the people, for, as a rule, they are most apathetic."

A Medical Officer of Health writes in his official report: "The Exhibition was a marked success, and by it an important step was taken in awakening the public mind to the great dangers of this fell disease. The advantages of disinfection and isolation were clearly demonstrated, and, I am very pleased to state, appreciated, as up to this no infected houses had been disinfected, now the contrary is the fact. A large number have since been attended to, and as the result of the light spread abroad, in no instance has there been the slightest obstruction or hindrance to the sanitary officers in carrying out those duties."

One of the Chief Medical Inspectors writes, that wherever the Exhibition has been there is no difficulty in getting the sanitary authorities to act effectively, whereas often before much apathy was displayed.

These quotations might be multiplied indefinitely, and also remarks as to the size of the crowds attending the meetings, and the numbers who, unfortunately, had to be turned away, and testimony to the interest of all classes and to the large attendance of the very poor. In one place the working women arranged to lend each other their blouses, so as to come respectably attired.

We think we can, therefore, definitely state that a real impression has been made on the people as a whole by the Exhibition, together with the lectures and distribution of literature, and that the result is just that ripening of public opinion which enables reforms to be carried effectively, because based on the will of the people.

We shall be asked what plans we have for the future.

It is a great responsibily for us in Irelaind to see the whole mass of the people stirred on this matter of Health in the Home, North and South, East and West. We desire to make use of the enthusiasm which has been aroused—and not to allow anything to cause discouragement or a return to the old apathy. Hence our great desire and object is to give to every district some definite object of work, for although that object in *itself* may not seem to be of great importance, it is a great matter to get people to work at once for something tangible and practical in every locality. We want to make every woman feel that by responding to the appeal to let in fresh air; to keep her house as clean as possible; to learn how to cook nourishing food; to watch over her children's habits, that she is doing a great work, not only for her home,

but for her country, and, as you know, the Irish people—men, women and children—ever respond to the call of patriotism.

We know well enough that there is a great deal to be done in Ireland on a large scale. We hope that the County Councils will be able to make use of the powers which we trust will soon be given to them, and that suitable and inexpensive sanatoria and dispensaries, with bacteriologists and nurses attached, will be erected. We hope that by-and-by the Government may come to the help of the County Councils in helping to provide maintenance. We hope that the work of pushing on reforms in the housing system will be pressed forward—already much has been done. If we take the Registrar-General's figures, we see he divides the different types of houses into four classes, number four being altogether unfit for habitation.

In 1841 the number of these houses in Ireland, as compared with the better type, were over 39 per cent., but in 1901 there were but 1.46 of these. And, of course, under the Labourers Act, lately many thousands of cottages are being built.

But the Urban Districts especially need much attention, and it is useless to expect a healthy race to be brought up in such places as now exist.

And then we hope that the great blot existing in Ireland of unsanitary schools may be swept away ere long. It is a formidable business, but when you read the reports of the Educational Commissioners telling you of the wretched buildings, the want of ventilation, the want of good sanitary arrangements, the crowded rooms, the lack of all provision for cleaning these schools, the lack of opportunities of warming the buildings, for the extraordinary custom which prevails in Ireland of the children working from 9.30 till 3.30 on end without any dinner, all make us believe that one of the reasons for the increase of Tuberculosis in Ireland lies in these schools.

In the official report prepared for the Congress, it will be shown that whereas in Ireland there is less Tuberculosis between birth and the age of five years old, as compared with England and Scotland, yet from five years old up to twenty-five (at which age it reaches the maximum), the incidence of death from Tuberculosis is very much higher in Ireland than in either of the other countries.

The same report will show you that many more women die of consumption in Ireland than men, as compared with England and Scotland, this also tending to show that those who live most at home are those who suffer the most from bad housing, unsanitary surroundings, and want of fresh air.

These are the larger questions which must be ever kept in view, and regarding which we hope that the Exhibition movement and the Women's National Health Association will ever endeavour to ripen public opinion, so that when it comes to electing persons to serve on the Local Councils which have powers in these matters, those will be chosen who will earnestly try to carry out the reforms.

But whilst remembering these reforms, it is to be our daily and sacred duty to try to inspire every individual family, and every member of that family, with the desire of bettering the conditions of that home, and of trying to make it and its surroundings more beautiful and more healthy than any other in the neighbourhood.

At a meeting at Galway the other day, the Parish Priest, Father Dooley, offered a prize to our newly-formed Health Association of £50, to give prizes for the best-kept houses in the town. This is another sidelight of how things are working, and our great hope is that this movement may be carried on to success through the co-operation of the Government, the Local Bodies, and our own voluntary associations, thus securing the combination of official and voluntary workers which is so essential.

Where is the money to come from is a question difficult to answer. We have lived from hand to mouth up to now. The different localities have responded splendidly in combining with the Central Association, each bearing the local expenses of the Tuberculosis Exhibition, and now when it comes to providing nurses and providing these inexpensive annexes for advanced cases which is to be our first endeavour, we are hoping and hoping and looking and looking for some fairy godmother or godfather who will help us to grapple with the task in hand. A few thousands now would mean more to Ireland than ten times the amount a year or two hence.

The sanatoria are to be built, and we are thankful to think that they are coming, but we cannot wait for them, and in every district in Ireland we must try to give help by individual methods, home treatment, nurses, day camps, open air schools, help to families whilst the

bread-winner is under treatment, and by every plan that we can think of to save life and prevent the younger generation from the dread contagion.

Submitted by President of the Women's National Health Association of Ireland and of the Tuberculosis Exhibition Central Committee.

DUBLIN, *September*, 1908.

21350

END OF
TITLE